



Women's Health in the South East
Health Promotion Plan 2006 - 2009

Updated July 2008 - June 2009

1. Our Vision, Values and Objectives

1.1 Vision

To improve the health and wellbeing of women in the Southern Metropolitan Region within a social model of health and within a feminist framework.

1.2 Values underpinning our Work

- Strength in Dignity, Choice, Diversity and Justice
- Principles of equity and choice in health
- Empowerment – to help women make informed choices about their health and wellbeing
- Sustainability – to assist women to develop skills and strategies suited to themselves, to enable them to reach their full potential in health and wellbeing

1.3 Our current Strategic objectives focus on:

- Advocacy – at all levels of government, to improve the resourcing of women’s health and wellbeing services
- Health promotion and capacity building – to employ community development strategies in assisting communities to promote health and wellbeing to all
- Community participation – to invite, encourage and support participation from community members and the general public in identifying need, developing responses, and implementing strategies
- Individual development – to assist our clients to develop their knowledge, skills and ability, in accessing services and managing their own health and wellbeing
- Direct services – to identify gaps in the type and/or level of services needed by women in our catchment, and to work to bring in the resources necessary to fill those gaps
- Partnership – to see our work as part of a continuing effort by all service providers to address our clients’ needs, and to work in partnership wherever possible in providing such services.

1.4 Health Promotion Priorities

Our current Health Promotion Priority Areas are:

- Mental Health and Social Connectedness
- Preventing Violence against Women
- Sexual and Reproductive Health

In addressing these priorities, WHISE will use demographic and health-related data to identify need within its catchment. This data will be obtained from a range of sources – ABS census data, local government data, PCP data, DHS data, and information contained in recent service reports and strategic plans of our service colleagues, in addition to our own client data.

WHISE will work in collaboration with other service providers in the southern metropolitan region, and will be involved in the Primary Care Partnerships of the region - Kingston/ Bayside PCP, ISEPICH, South Eastern HCP, and Frankston/ Mornington Peninsula PCP.

1.5 Health Promotion Delivery Rationale

We are a service with limited resources, covering an extensive geographic region, with ten local government areas, four Primary Care Partnerships, and immense social, cultural and economic differences across the region.

Our model of Health Promotion therefore seeks to identify the areas of considerable need, and to focus on those areas for a period of time.

We attend PCP meetings and other network meetings where these are specifically related to our annual objectives, and maintain a watching brief at other times, so as to achieve the maximum impact with our input.

The Strategic Planning process of 2006 identified a number of marginalised groups which are not currently being addressed equally within the current health service frameworks. These include:

- Culturally and linguistically diverse women
- Women with Disabilities
- Indigenous Women
- Young (15-25) and Older women (50+)
- Lesbian and same-sex attracted women

WHISE will address issues that impact on these groups of marginalised women.

1.6 Overall Health Promotion Goal

A planned, integrated and holistic approach to improve best practice in Women's Health Service Delivery for marginalised women.

1.6.1 Impacts / objectives

- To work within a dual strategy at all times, as follows:
 - To address the specific, immediate needs of our individual clients
 - To work systemically, in advocating for our clients, influencing decisions on resource allocation, and assisting to build an integrated and holistic service system for all clients, including marginalised women
- To seek additional resources and actively direct projects and training into the identified areas of need
- To work collaboratively with local service providers and women from the community in the planning and implementation of the initiatives

1.6.2 Strategies to achieve our goal and objectives:

- a) Advocacy and lobbying – to develop those networks and support groups which help to inform the work of WHISE, identify issues to raise at government level, and act as a conduit to our client groups
- b) Training to service providers, community groups and individual women to inform service delivery, improve communication, and encourage sensitivity in working with disadvantaged women
- c) Advocacy for provision of direct services where such services do not exist, or are under-provided
- d) Health promotion activities and interventions to encourage individuals and community groups to take greater responsibility for their own health and wellbeing, and to have the knowledge and skills to do so.

For each of our Priority Areas, we provide below the narrative of our means of addressing that Priority in 2008 – 2009.

This is accompanied by the Health Promotion Planning Grid for each Priority, including resource allocation (refer Page 7 onwards).

2. Priorities for Health Promotion

2.1 Mental Health and Social Connectedness

Goal

A planned and integrated whole-of-organisation approach to improve best practice in women's health service delivery

Objective

To improve the mental health and social connectedness of women in the Southern Metropolitan area.

Strategies:

- Health promotion outreach program to the workplace
- Community kitchen program
- Self-help and support group program
- Work orientation program
- Volunteer program
- Wellbeing activities
- Network participation and advocacy
- PCP participation and advocacy
- Organisational capacity building
- Community education sessions
- Community activities
- Health information and referral
- Intake, initial assessment and referral

Key Players

- Southern metropolitan region PCP's
- Skills Plus and TAFE institutes
- Job Network organisations
- Southern Metropolitan CALD Network
- Ethnic Communities Council of the South East
- National Health Promotion organisations (National Heart Foundation, Cancer Council Vic)
- Regional and State-wide organisations
- Local businesses and organisations

Evaluation

- Formal evaluation of one key strategy will be undertaken
- Ongoing client feedback will be sought at the end of activities
- Staff mentoring will provide opportunity for team members to discuss, evaluate and improve their own work
- Regular reports to funding authorities and to WHISE Council.

Impact Indicators

- Clearly defined accountability for each activity or project is allocated to a specific team member, who is required to provide progress reports on strategy
- Increased referral to WHISE for provision of health promotion forums, activities, and training, from clients, community organisations and service providers
- Increased capacity and understanding of staff in working with marginalised women, and challenging behaviours from a gendered perspective
- Intake and referral service maintained and continuously reviewed.

2.2 Preventing Violence against Women

Goal

A planned and integrated whole-of-organisation approach to improve best practice in women's health service delivery

Objective:

To prevent violence against women by capacity building, advocacy and empowerment of women through information dissemination.

Strategies:

- Women's Leadership program
- Respect Protect Connect program delivery
- Gender and Diversity, and Human Rights, in Family Violence information sessions
- CALD Families and Men's projects
- Talking Health project
- Youth networking
- Community activities
- Network participation and advocacy

Key Players

- SECASA
- DV Vic Network
- Southern metropolitan region PCP'S
- Mornington Peninsula Family Violence Network
- Casey-Cardinia Community Health Service
- Ethnic Communities Council of the South East
- Windermere Child and Family Services
- Secondary schools
- Regional and State-wide organisations –VIRWC, VWDN

Evaluation

- Formal evaluation of one key strategy will be undertaken
- Ongoing client feedback will be sought at the end of activities
- Staff mentoring will provide opportunity for team members to discuss, evaluate and improve their own work
- Regular reports to funding authorities and to WHISE Council.

Impact Indicators

- Clearly defined accountability for each activity or project is allocated to a specific team member, who is required to provide progress reports on strategy
- Increased referral to WHISE for provision of seminars on domestic/family violence, from clients, community organisations and service providers
- Increased WHISE participation in DV networks
- Increased capacity and understanding of staff in working with marginalised women, in domestic and family violence situations
- Intake and referral service maintained and continuously reviewed.

2.3 Improving Sexual and Reproductive Health

Goal

A planned and integrated whole-of-organisation approach to improve best practice in women's health service delivery

Objective:

To improve sexual and reproductive health, through information dissemination, referral to specialist services, and support in times of crisis.

Strategies:

- Advocacy for legislative reform
- Sexual and reproductive health consultation with community groups
- Sexual and reproductive health information sessions to CALD community groups
- Sexual and reproductive health online information and resources
- Follow-up to Partnerships in Safer Sex and Testing project
- Community activities
- Respect Protect Connect program delivery (refer Priority 2)

Key Players

- WHS and WHAV
- CALD community groups – Chinese-speaking, Sri Lankan, Afghani
- Local medical practitioners
- SEHCP and Family Planning Victoria
- Southern metropolitan region PCP'S
- Regional and State-wide organisations – Access Centre Melbourne, Family Planning Victoria.

Evaluation

- Formal evaluation of one key strategy will be undertaken
- Ongoing client feedback will be sought at the end of activities
- Staff mentoring will provide opportunity for team members to discuss, evaluate and improve their own work
- Regular reports to funding authorities and to WHISE Council.

Impact Indicators

- Clearly defined accountability for each activity or project is allocated to a specific team member, who is required to provide progress reports on strategy
- Increased referral to WHISE for provision of seminars on sexual and reproductive health matters
- Increased requests for provision of Respect Protect Connect program
- Increased capacity and understanding of staff on sexual and reproductive health matters, and increased capacity to work with marginalised women, including those living with HIV/AIDS
- Intake and referral service maintained and continuously reviewed.

3. Health Promotion Summary Planning Grid: 2007 - 2008

3.1 Priority 1: Mental Health and Social Connectedness

Organisational HP Goal:	A planned and integrated whole-of-organisation approach to improve best practice in women's health service delivery
Population Target Group/s:	Marginalised women, service providers and community groups in southern metropolitan region
Priority 1:	To improve the mental health and social connectedness of women in the SMR
Estimated Impacts (Qualitative &/or Quantitative) for Objective	Improved mental health and social connectedness evidenced by the increased awareness, community participation and evaluations

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Actual impact: what will change
Health Promotion - Outreach Program to the Workplace	<ul style="list-style-type: none"> Pilot program to provide health promotion in medium-to-large workplaces in the Dandenong area 	Approximately 150 participants	WHISE Dec 2008 - June 2009	\$11,000 Lord Mayor's Fund \$45,000	<ul style="list-style-type: none"> Ease of access to health and wellbeing information Provision of information in a familiar and time-effective manner

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Actual impact: what will change
Community Kitchen Program	<ul style="list-style-type: none"> • To promote social connectedness and pathways for disadvantaged women • New locations: Dandenong and Hastings • Existing location: Frankston • Priority groups: CALD women Dandenong; young mothers Hastings 	Approx 100 participants - CALD women - Young mothers - Disengaged youth	WHISE Throughout the year	\$36,940 In-kind support from Uniting Church (provision of kitchen facilities)	Increased knowledge in: <ul style="list-style-type: none"> - Nutrition - Food budgeting - Food preparation and cooking Social connections and general health information
Community Kitchen Program - Volunteer Participation	<ul style="list-style-type: none"> • To promote community contacts through involving volunteers in the kitchen 	Approximately 20 volunteers	WHISE Throughout the year	\$3,450	Increased involvement of volunteers with newly arrived communities and with WHISE
Community Kitchen Program - Pathways to education and employment	<ul style="list-style-type: none"> • To provide pathways beyond the Kitchen into further education or employment, through partnership with Skills Plus, and TAFE institutes 	Approx 50 of the participants to fulfil the requirements for some modules of the Cert 1 in Hospitality. Skills Plus to provide opportunity for further study	WHISE Throughout the year	\$2,895	Increased options for Kitchen participants beyond the Kitchen

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Actual impact: what will change
Self-help & Support Group Program	<ul style="list-style-type: none"> • To support existing groups (Afghani Group Frankston; Older Women's Group Frankston; Lesbian Health Group Bayside) • To establish new self-help groups in identified locations with target client groups • Inclusion Priorities: CALD women; Women 50+ years; Women who have experienced family violence; Lesbians 	<p>7 groups per year, involving approx 120 participants.</p> <p>4 new groups to be identified and established: Afghani women's group Dandenong; Older women's group Dandenong; Chinese Young mothers' group; Sri Lankan women's group.</p>	<p>WHISE</p> <p>Throughout the year</p>	<p>\$31,275</p>	<ul style="list-style-type: none"> - Improved communication, self-confidence and self-esteem for participants. - Improved knowledge about service and support options
Evaluation of Self-help & Support Group Program	<ul style="list-style-type: none"> • To evaluate existing support groups and self-help groups • To recommend to WHISE on future program directions 	<p>Participants of existing groups to be involved in evaluation (approx 20 participants in the evaluation).</p>	<p>WHISE</p> <p>June 2009</p>	<p>\$3,750</p>	<p>Evaluation Report identifying the impact of the Self-help Program, and future directions for the Program</p>

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Actual impact: what will change
Work Orientation Program	<ul style="list-style-type: none"> • To provide work orientation opportunities for CALD women and long term unemployed women • To provide a range of experiences in administration, reception, IT and team work • To provide advice and assistance on preparation for job-seeking, including interview practice 	Approximately 30 participants per year (up to three per week) undergoing one month's work orientation program	WHISE in association with Job Network organisations Dec 2008 - June 2009	\$ 14,350	<ul style="list-style-type: none"> - Confidence and knowledge of workplace requirements - Improved employment options, through increased work experience
Volunteer Program	<ul style="list-style-type: none"> • To provide opportunities for women to participate in the promotion of women's health and well-being and to foster pathways to paid employment 	Approx 20 women per year	WHISE Ongoing	\$ 8,250	<ul style="list-style-type: none"> - Improved knowledge and skills for volunteers - Increased knowledge of options for further work or training - Increased communication between WHISE and community

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Actual impact: what will change
Wellbeing Activities	<ul style="list-style-type: none"> To provide group activities promoting health and wellbeing, to encourage women to manage their own health and stress more effectively 	Approx 50 women per year	WHISE External facilitators	\$17,500	<ul style="list-style-type: none"> Improved wellbeing techniques for participants Increased network of external facilitators for WHISE
Network Participation and Advocacy	<ul style="list-style-type: none"> To raise awareness of the health needs of women (relevant catchment) and to advocate for a range of gender specific integrated health promotion activities. 	Southern Metropolitan CALD network – approx 30 agencies from Dandenong and Casey. Ethnic Communities Council of the South East - approximately 50 member organisations	WHISE Ongoing monthly participation	\$17,295	Improved understanding in agencies about gender-specific health issues
Primary Care Partnership Participation and Advocacy - Kingston/Bayside and ISEPICH	<ul style="list-style-type: none"> To promote gender and diversity sensitivity in service planning across the catchment, through participation in and leadership of specific working groups as required 	Approximately 30 agencies in each PCP	WHISE Ongoing involvement, according to need	\$3,750	Improved understanding in agencies about gender-specific health issues

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Actual impact: what will change
Primary Care Partnership Participation and Advocacy – South East Healthy Communities Partnership (SEHCP)	<ul style="list-style-type: none"> To promote gender and diversity sensitivity in service planning across the catchment, through participation in COM and / or specific working groups 	SEHCP (COM representation) Representation on SEHCP working parties (Mental Health, Health Promotion) Approximately 40 agencies in each PCP	WHISE Ongoing participation, according to the kind of committee	\$34,500	<ul style="list-style-type: none"> - Improved understanding of the need to use a Gender and Diversity Lens in service planning - Improved integration of WHISE activities with other service partners
Primary Care Partnership Participation and Advocacy – Frankston Mornington Peninsula PCP	<ul style="list-style-type: none"> To promote gender focused health promotion planning across the catchment 	Approximately 30 agencies	WHISE Ongoing involvement in FMPPCP activities as needed	\$3,750	<ul style="list-style-type: none"> - Increased gender focus in health service planning - Improved information and knowledge as a basis on which to plan services

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Actual impact: what will change
Organisational Capacity Building	<ul style="list-style-type: none"> • To provide professional development program to WHISE staff, peer educators and volunteers, through information sessions from other service providers and health professionals • To provide reciprocal professional development sessions to other service providers in the catchment 	<p>Approximately 40 WHISE staff, students, peer educators and volunteers</p> <p>Approximately 30 participants from other service providers</p>	<p>WHISE</p> <p>July 2008 - June 2009</p>	<p>\$11,375</p>	<ul style="list-style-type: none"> - Improved understanding in WHISE staff of key health and wellbeing matters, and service provider perspectives - Improved capacity to work with clients of other service providers - Improved understanding in other health professionals of WHISE's role and capacity

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Actual impact: what will change
Community Education Sessions	<ul style="list-style-type: none"> • To provide at least six sessions on particular issues which have an impact on women's health and wellbeing, including: <ul style="list-style-type: none"> - health screening (Pap Screen, Breast Screen, etc) - mental health and wellbeing - violence within family and relationships 	Approx 100 participants, drawn from catchment area	WHISE Specialist speakers July 2008 - June 2009	\$12,000	<ul style="list-style-type: none"> - Increased confidence and understanding in presenting for screening - Increased ability to access services as needed
Community Activities	<ul style="list-style-type: none"> • To participate in a variety of activities which promote women's health and wellbeing - IWD, Senior Citizens, National Stroke Week etc • To participate in general community activities, to promote health and wellbeing - school activities, community days. 	Approx 300 women from catchment area	WHISE FMP PCP National Heart Foundation Cancer Council VIC July 2008 - June 2009	\$9,250	<ul style="list-style-type: none"> - Participation in planning of activities - Successful implementation of activities - Evaluation of activities

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Actual impact: what will change
Health Information and Referral	<ul style="list-style-type: none"> • To provide relevant and timely health information and referral • To improve intake and referral service • To maintain resources and referral information, both electronic and hardcopy • To produce quarterly newsletter promoting health information and services • To distribute information kits to community groups and individuals 	<p>Approx 300 on mailing list for newsletter</p> <p>Approx 1500 information kits distributed per year</p>	<p>WHISE</p> <p>Ongoing</p>	<p>\$43,472</p>	<ul style="list-style-type: none"> - Improved intake and referral service - Updated electronic and hardcopy information - Distribution of information kits and newsletters - Provision of Internet access to clients
Total per objective				\$264,802	
				\$264,802	

3.2 Priority 2: Prevention of violence against women

Organisational HP Goal:	A planned and integrated whole-of-organisation approach to improve best practice in women's health service delivery
Population Target Group/s:	Marginalised women, service providers and community groups in southern metropolitan region
Priority 2:	To prevent violence against women
Estimated Impacts (Qualitative &/or Quantitative) for Objective	Discrimination and violence against women decreases and women become more empowered evidenced by the evaluations

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Actual impact: what will change
Women's Leadership Program	<ul style="list-style-type: none"> To provide a structured program which gives women the basic tools with which to work, live and integrate more effectively into community 	Approximately 25 participants per year	WHISE Feb 2009 - June 2009	\$24,725	<ul style="list-style-type: none"> - Improved capacity to take up different leadership roles in the community - Increased confidence in dealing with key social and wellbeing issues - Improved understanding of options available to women in crisis and post-crisis situations

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Actual impact: what will change
Respect Protect Connect Program	<ul style="list-style-type: none"> To deliver a secondary school peer education prevention and early intervention program that provides workshops on anti-violence and bullying strategies, building healthy relationships and resiliency and drug and alcohol issues. 	<p>Approx 4,500 secondary school students</p> <p>Average 110 workshops per year</p>	<p>WHISE</p> <p>Ongoing</p>	<p>\$42,915</p> <p>SECASA \$22,500</p>	<ul style="list-style-type: none"> - Improved understanding of students about violence, bullying, harassment - Increased confidence in students in dealing with violence - Improved understanding of options available to students
Family Violence Information Sessions	<ul style="list-style-type: none"> To provide information and referral advice to priority groups: women with disabilities; lesbian women 	<p>Approx 50 women per year (through support groups and intake services)</p>	<p>WHISE</p> <p>Ongoing</p>	<p>\$5,700</p>	<ul style="list-style-type: none"> - Improved understanding in target groups of violence and its impact - Improved confidence in accessing services
Network Participation and Advocacy	<ul style="list-style-type: none"> To raise awareness of the health needs of women affected by family violence. 	<p>DVVIC network.</p> <p>PCPs</p> <p>Mornington-Peninsula Family Violence Network.</p> <p>SECASA Advisory Committee</p>	<p>WHISE</p> <p>Ongoing monthly participation</p>	<p>\$3,500</p>	<p>Improved understanding in agencies about the effect of family violence on the health and wellbeing of women</p>

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Actual impact: what will change
CALD Families and Men's Projects	<ul style="list-style-type: none"> To use a peer educator model to assist CALD families to re-unite more successfully in Australia To use a peer educator model to assist CALD men to make the transition to Australian culture and society more successfully 	<p>Five CALD groups, with two trained peer educators/ community leaders for each group</p> <p>Approximately 20 participants in each group</p>	<p>WHISE</p> <p>July 2008 - June 2009</p>	<p>\$32,750</p> <p>H M Smith Trust \$34,000 Windermere C&F Services \$8,000</p>	<ul style="list-style-type: none"> - Strengthening of the participating CALD families - Increased confidence in CALD men in integrating into Australian culture and society - Reduced family tension, violence and disintegration
Outer South East Health Impacts of Violence Activity (Talking Health Project)	<ul style="list-style-type: none"> To raise awareness of violence against women in the Outer South Eastern growth corridor and to promote non-violent options. 	<p>Approx 3 agencies</p> <p>Approximately 20 hairdressing and beauty salons</p> <p>Approx 100 community members</p>	<p>WHISE</p> <p>CCCHS</p> <p>July 2008 - Mar 2009</p>	<p>\$2,508</p> <p>Body Shop \$10,000</p>	<ul style="list-style-type: none"> - Improved capacity of participants to provide information and refer women experiencing violence to services
Youth Networking (Family Violence Networking, State level)	<ul style="list-style-type: none"> To contribute to best practice in the prevention of violence against young women 	<p>Approx 10 agencies</p>	<p>WHISE</p> <p>July 2008 – June 2009</p>	<p>\$1,500</p>	<ul style="list-style-type: none"> - Participation in networks - Improved information and resources for WHISE staff

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Actual impact: what will change
Week Without Violence Activities (White Ribbon Day)	<ul style="list-style-type: none"> To conduct an activity which promotes women's right to live free from harm, in conjunction with Week without violence 	<p>Approx 6 agencies</p> <p>Approx 40 community members</p>	<p>WHISE</p> <p>Annual event</p>	<p>\$3,500</p>	<ul style="list-style-type: none"> - Activity conducted - Information provided - Improved understanding of participants about violence and its effect
Total Budget per Objective				\$117,098	
Progressive Total				\$381,900	

3.3 Priority 3: Sexual and reproductive health

Organisational HP Goal:	A planned and integrated whole-of-organisation approach to improve best practice in women's health service delivery
Population Target Group/s:	Marginalised women, service providers and community groups in southern metropolitan region
Priority 3:	To improve understanding and knowledge in relation to sexual and reproductive health
Estimated Impacts (Qualitative &/or Quantitative) for Objective	Improved understanding of issues related to Sexual and reproductive health

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Actual impact: what will change
Legislative Reform: Abortion legislation; Artificial Reproductive Treatment legislation; Parental Leave	<ul style="list-style-type: none"> To work with WHS and WHAV in advocating for legislative change in key sexual and reproductive matters 	<p>All Southern Metropolitan MPs</p> <p>Community members</p>	<p>WHISE with WHAV members</p> <p>July 2008 - June 2009</p>	\$ 8,975	<ul style="list-style-type: none"> Legislative change in key sexual and reproductive health matters Increased understanding and awareness among community members
Sexual & Reproductive Health Community Consultation	<ul style="list-style-type: none"> To consult with target client groups on key sexual and reproductive health issues Priority groups: CALD women; young women; lesbian women 	Approx 80 community members	<p>WHISE</p> <p>July 2008 - June 2009</p>	\$ 6,275	<ul style="list-style-type: none"> Improved knowledge and understanding of key issues in target groups Improved understanding for WHISE in the key issues for our clients

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Actual impact: what will change
Sexual and Reproductive Health Information Sessions	<ul style="list-style-type: none"> To provide relevant and current information on sexual and reproductive health to CALD community groups 	Approx 40 women per year	WHISE External facilitator (GP, nurse) July 2008 - June 2009	\$7,875	<ul style="list-style-type: none"> - Improved information and knowledge among clients - Improved understanding among WHISE staff of the key issues for our client groups
Sexual & Reproductive Health: Online information and resources	<ul style="list-style-type: none"> To continue access to online information about sexual and reproductive health for target client groups: CALD women, young women, lesbian women 	100 community members 3 agencies	WHISE 2008 - 2009	\$6,600	<ul style="list-style-type: none"> - Improved access to information and resources for clients - Improved online capacity through redeveloped website for WHISE
Follow - up to "Partnerships in Safer Sex and Testing" Project - Partnership project with SEHCP / Family Planning Victoria	<ul style="list-style-type: none"> To review the outcomes of the PSST project 2007 - 2008 To investigate with Family Planning Victoria/ SEHCP the extension of the project into 2008-2009, focusing on development of women's sexual health clinic in Dandenong area 	Approx 20 agencies	WHISE Feb 2008 - June 2009	\$6,350	<ul style="list-style-type: none"> - Improved understanding of sexually transmitted infections - Improved sensitivity in working with clients

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Actual impact: what will change
World AIDS Day (Red Ribbon Day)	<ul style="list-style-type: none"> • To promote awareness of the health needs of positive women • To improve networking with AIDS-specific agencies working with women 	Approx 100 community members	WHISE Annual event	\$2,500	Improved understanding in health professionals about the health needs of women who are HIV positive or have AIDS
Total Budget per Objective				\$38,575	
Progressive Total				\$420,475	

3.4 For all Priorities

Organisational HP Goal:	A planned and integrated whole-of-organisation approach to improve best practice in women’s health service delivery
Population Target Group/s:	Marginalised women, service providers and community groups in southern metropolitan region
Priority 1: Priority 2: Priority 3:	The strategies listed are reportable against the overall organisational goal. They represent core service education programs and each individually supports the three objectives previously detailed.
Estimated Impacts (Qualitative &/or Quantitative) for Objective	Improved health and well-being of women living in the Southern region.

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Actual impact: what will change
Women’s Leadership Program	<ul style="list-style-type: none"> To provide key elements of the program as separate stand-alone sessions To incorporate the “How to run Groups for Women” and “Why Women’s Health” Programs into this program 	Approximately 50 participants per year	WHISE Feb 2009 - June 2009	\$9,350	<ul style="list-style-type: none"> - Improved capacity to take up different leadership roles in the community - Increased confidence in dealing with key social and wellbeing issues - Improved understanding of options available to women in crisis and post-crisis situations
Gender and Diversity Training	<ul style="list-style-type: none"> To promote equity and sensitivity in service delivery for health and other professionals 	Approx 60 agency workers 3 sessions per year	WHISE Ongoing	\$5,850	Improved understanding of gender and diversity as impacts upon health and service delivery

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Actual impact: what will change
Women's Health Association Victoria - Peak Body	<ul style="list-style-type: none"> To advocate for the promotion of women's health services in the Southern metropolitan region 	Approx 12 agencies	WHISE Bi-monthly	\$2,750	<ul style="list-style-type: none"> Increased understanding of women's health issues at State level Improved advocacy for women's health in the SMR
Southern Metropolitan MP and local government representatives	<ul style="list-style-type: none"> To advocate on behalf of women's health and wellbeing matters to key decision-makers, including State, Federal and local government To promote a gender-sensitive approach to service delivery 	10 local government areas State and Federal MPs	WHISE Ongoing	\$3,750	<ul style="list-style-type: none"> Increased profile for women's health and wellbeing matters at local, State and Federal levels
Total Budget per Objective				\$ 21,700	
Total				\$442,175	

3.5 Evaluation of Key Programs

Organisational HP Goal:	A planned and integrated whole-of-organisation approach to improve best practice in women's health service delivery
Population Target Group/s:	Marginalised women, service providers and community groups in southern metropolitan region
Priority 1: Priority 2: Priority 3:	The strategies listed are reportable against the overall organisational goal. They represent core service education programs and each individually support the three objectives previously detailed.
Estimated Impacts (Qualitative &/or Quantitative) for Objective	Improved health and well-being of women living in the Southern region.

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Proposed Evaluation
Health Promotion - Outreach Program to the Workplace	<ul style="list-style-type: none"> Pilot program to provide health promotion in medium to large workplaces in the Dandenong area 	Approximately 150 participants	WHISE May - June 2009	\$6,500	<ul style="list-style-type: none"> Evaluation of pilot to determine value of model for participants Use of evaluation to inform future directions of program

Interventions	Strategies / Activities	Actual Reach: who will hear	Timelines & by whom	Budget from WH program and other sources	Proposed Evaluation
Respect Protect Connect	<ul style="list-style-type: none"> To deliver a secondary school peer education prevention and early intervention program that provides workshops on anti-violence and bullying strategies, building healthy relationships and resiliency and drug and alcohol issues. 	<p>Approx 4,500 secondary school students</p> <p>Average 110 workshops per year</p>	<p>WHISE</p> <p>Ongoing</p>	\$8,750	<ul style="list-style-type: none"> - Review of the outcomes of the Program for 2008 - Comparison of the results with the previous evaluation conducted in 2006
Sexual and Reproductive Health Information Sessions	<ul style="list-style-type: none"> To provide relevant and current information on sexual and reproductive health to CALD community groups 	40 women per year	<p>WHISE</p> <p>External facilitator (GP, nurse)</p> <p>July 2008 - June 2009</p>	\$2,750	<ul style="list-style-type: none"> - Evaluation of outcomes from participant's perspective, especially that of CALD women - Use of results to inform future service directions
Total Budget per Objective				\$ 18,000	
Total				\$460,175	